

Types of Joints

Synarthrotic- immovable
- sutures of the skull

Symphyses Joints- slightly movable
- intervertebral discs

Diarthrotic or Synovial Joints- freely moving
- elbow, fingers, hip etc. p. 70 Text

Oct 11-7:31 AM

You have Six Types of Movable Joint in your Body

Your shoulder can move in more directions than your knee. That's because it's a different kind of joint. There are actually six types of joint you need to know about.

BALL AND SOCKET — like the hip or shoulder.

The joint can move in all directions, and it can rotate as well. So this allows flexion, extension, adduction, abduction and rotation.

SADDLE — like in the thumb.

The joint can move forwards and backwards, left to right — but it can't rotate. Allows flexion, extension, adduction and abduction.

CONDYLOID — like the wrist.

The joint can move forwards and backwards, left to right — but it can't rotate. Allows flexion, extension, adduction and abduction.

PIVOT — like the joint in your spine that lets you shake your head.

This joint is between the atlas and axis bones in your neck. This kind of joint only allows rotation.

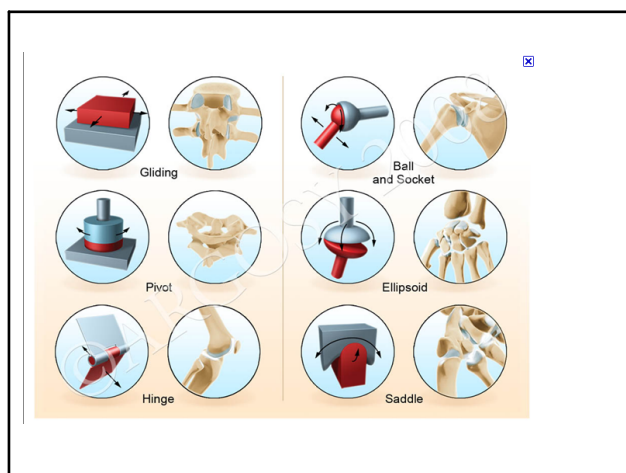
HINGE — like the knee or elbow.

The joint can go backwards and forwards, but not side-to-side. This allows flexion and extension.

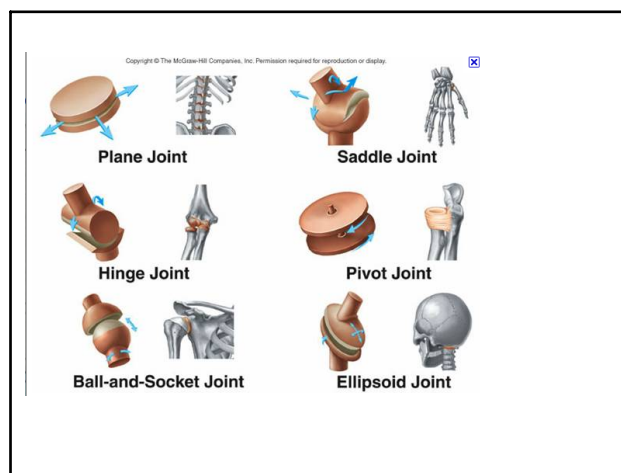
GLIDING — like between the metatarsals or carpals.

The bones move a little bit in all directions by sliding over each other.

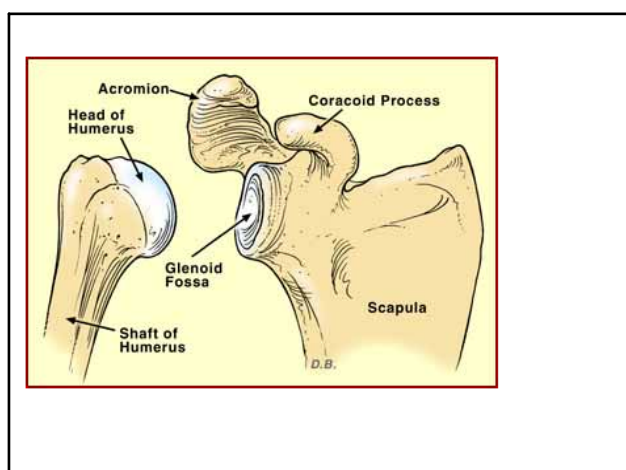
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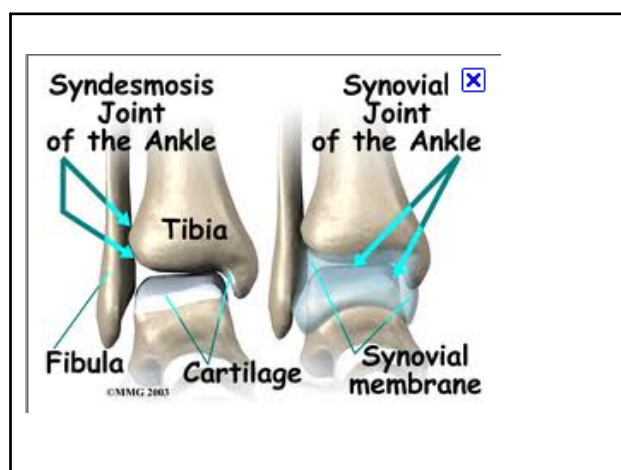
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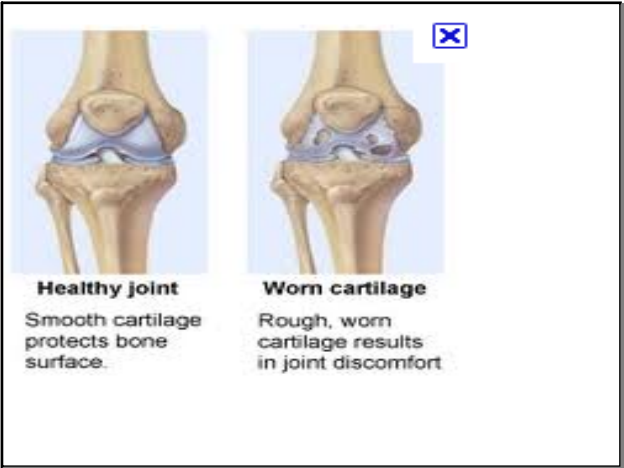
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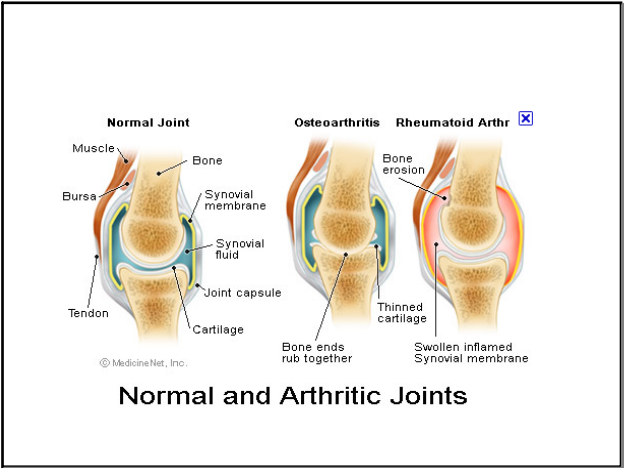
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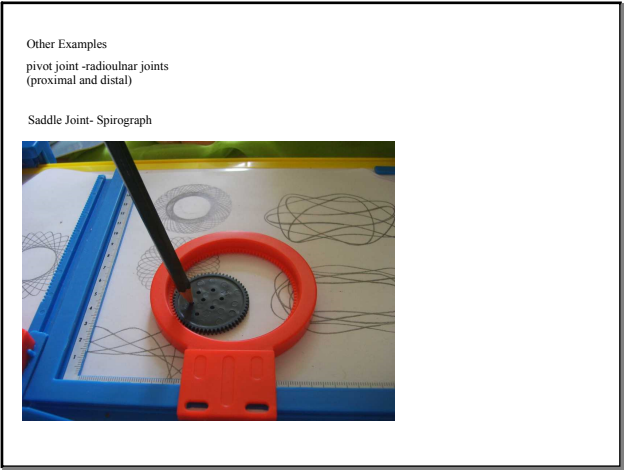
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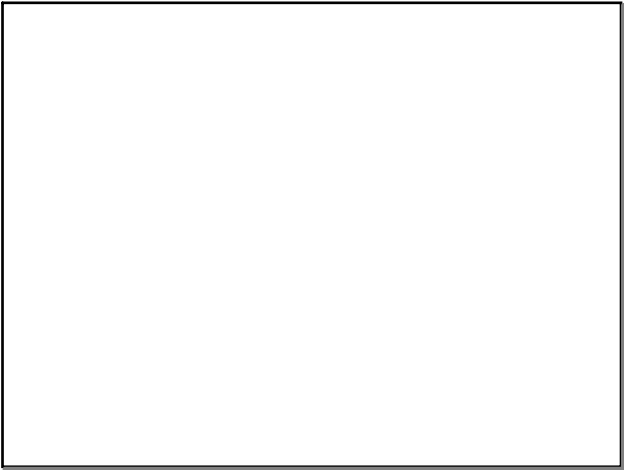
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